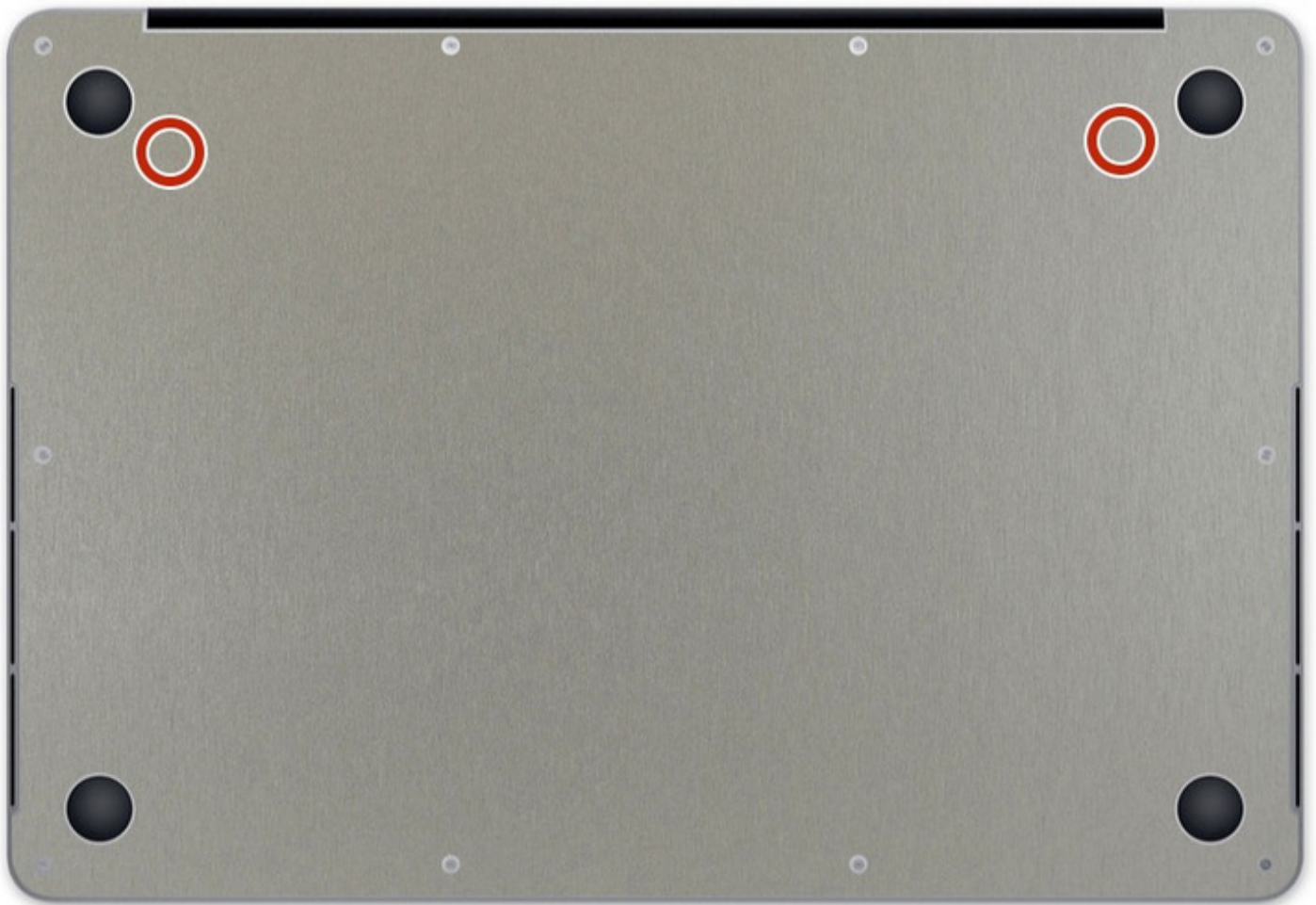




How to Apply Rubber Feet to Mac Laptops

If you own a Mac you may be aware of how hot your computer gets. Installing rubber feet, or adding thicker feet, increases air circulation under your laptop. Will help decrease the temperature of your mac while it is running.

Written By: Nick



INTRODUCTION

If your MacBook Pro is running hotter then you would like, this guide will show you something you can try to fix the issue.

Setting your expectations: This guide will not completely fix the problem. It will help lower your system temps but it will help reduce your temps. The chassis on these computers will trap heat due to being poorly designed on many generation MacBook Pros. The Retina models have a real vent so they will run cooler, but these will still run hot even if you use this fix in conjunction with the real cooling. 13" owners will only see small gains because these do not have dedicated graphics.

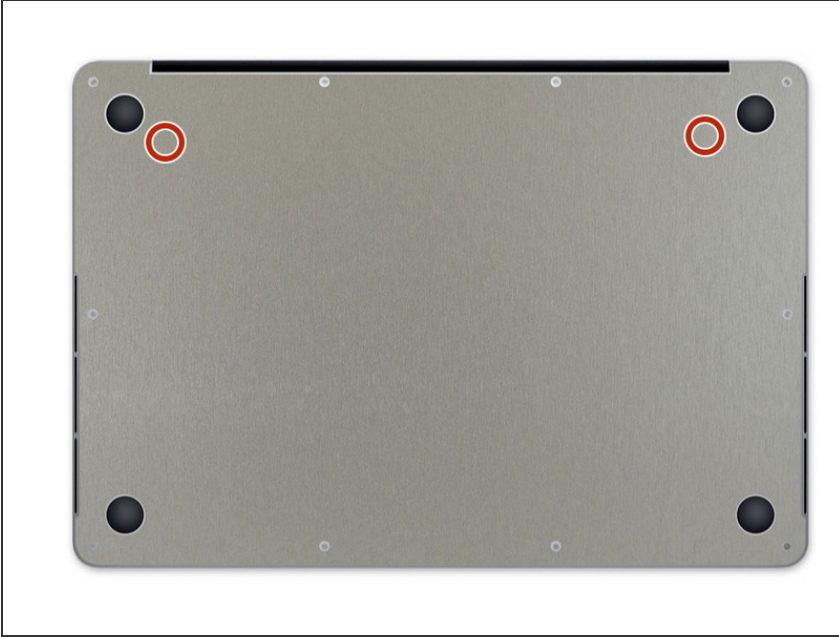
The steps in this guide helped the author out. The machine used in this guide is a Early 2009 MacBook Pro 17". The system ran at 180° F. After applying this, the running temps dropped to 122°. This fix dropped the computer's running temps by 58°.




PARTS:

- [Silicone Sticky Pads](#) (4)
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Step 1 — Adding Feet

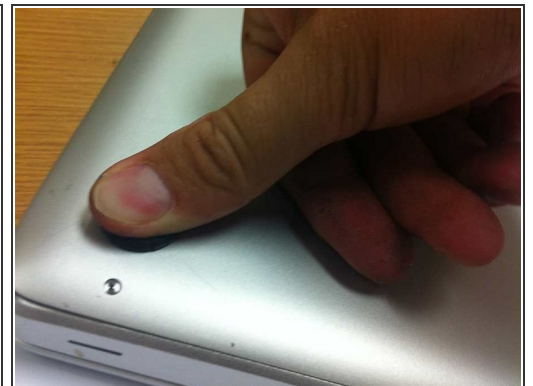


- Place your Macbook upside down on a clean flat surface.
- Identify where you would like to place your new rubber feet. Placement should be somewhere next to the existing feet, but do not place on the curved edges as results will not be great.

 Placing your new adhesive feet onto of the existing feet is not advised. Doing this could cause damage to the existing feet if the new foot were to catch on something.

- Use rubbing alcohol or a similar substance to clean where you have chosen to place the feet.

Step 2



- Peel the paper backing off each foot. Place them in your chosen location.
- Turn your Macbook right side up and enjoy.

Enjoy a cooler Mac!

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